

	<b>GOAL:</b>	Improve preventing the opponent from building up in their own half - 2							
	<b>PLAYER ACTIONS</b>	Make compact and stay compact, pressure/cover/balance, steal the ball							
	<b>KEY QUALITIES</b>	Focus, Make decisions, be proactive							
	<b>AGE GROUP</b>	U11-U12 / 9v9 / 16 Players	<b>MOMENT</b>	Defending	<b>DURATION</b>	60 minutes			
<b>1<sup>st</sup> PLAY PHASE</b>	1v1, 2v1, 2v2...4v4	<b>Duration:</b>	9 min	<b>Activity time:</b>	2.5 min	<b>Rest time:</b>	30 sec	<b>Intervals</b>	3

As players arrive, play Small Sided Games (1v1 -4v4) please visit [http://www.mayouthsoccer.org/coaches/play\\_practice\\_play/](http://www.mayouthsoccer.org/coaches/play_practice_play/) for full description

<b>PRACTICE (Core Activity):</b>	<b>Duration:</b>	24 min	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4
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**3v5 TO GOAL AND A COUNTER GOAL:**

**OBJECTIVE:** To disrupt the buildup in the opponent's half and win the ball back to create a scoring chance.

**ORGANIZATION:** Set up two 25Wx40L yard fields with a 6 yard cone goal and a counter goal on the midfield line. The Red team has a goalkeeper and four attackers, the Blue team has three defenders. The game begins when the goalkeeper passes the ball to a Red player. As soon as the pass is made, the Blue defenders try to win the ball back. The Red team scores in the counter goal and the Blue team in the cone goal. Every time the ball goes out the Red team restarts with a goal kick.

**KEY WORDS:** Attack the ball, move with the ball, get compacted, tackle (Poke or Block).

**GUIDED QUESTIONS:** 1.- What do you need to do to prevent them from moving the ball forward? 2.- Who should press the player with the ball? 3.- Where should you force them to play the ball?

**ANSWERS:** 1.- Press the player with the ball and stay compacted to close the openings. 2.- The closest defender presses the player with the ball. 3.- Backwards or sideways; this way we could steal it and go to goal.

**NOTES:** Start with the **Core Activity**. If it is too difficult, switch to the **Less Challenging Activity**. If it is too easy, switch to the **More Challenging Activity**.

<b>PRACTICE (Less Challenging):</b>	<b>Duration:</b>	24 min	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4
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**4v4 TO GOAL AND A COUNTER GOAL:**

**OBJECTIVE:** To disrupt the buildup in the opponent's half and win the ball back to create a scoring chance.

**ORGANIZATION:** Set up two 25Wx40L yard fields with a 6 yard cone goal and a counter goal on the midfield line. The Red team has a goalkeeper and three attackers, the Blue team has four defenders. The game begins when the goalkeeper passes the ball to a Red player. As soon as the pass is made, the Blue defenders try to win the ball back. The Red team scores in the counter goal and the Blue team in the cone goal. Every time the ball goes out the Red team restarts with a goal kick.

**KEY WORDS:** Attack the ball, move with the ball, get compacted, tackle (Poke or Block).

**GUIDED QUESTIONS:** 1.- What do you need to do to prevent them from moving the ball forward? 2.- Who should press the player with the ball? 3.- Where should you force them to play the ball?

**ANSWERS:** 1.- Press the player with the ball and stay compacted to close the openings. 2.- The closest defender presses the player with the ball. 3.- Backwards or sideways; this way we could steal it and go to goal.

**NOTES:** Start with the **Core Activity**; if it is too difficult for your players, then switch to the **Less Challenging Activity**.

<b>PRACTICE (More Challenging):</b>	<b>Duration:</b>	24 min	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4
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**6v7 TO A REGULAR GOAL AND TWO COUNTER GOALS:**

**OBJECTIVE:** To disrupt the buildup in the opponent's half and win the ball back to create a scoring chance.

**ORGANIZATION:** Set up a 55Wx50L yard field with a regular goal and two counter goals. The Red team has a goalkeeper and six attackers, the Blue team has six defenders. The game begins when the goalkeeper passes the ball to a Red player. As soon as the pass is made, the Blue defenders try to win the ball back. The Red team scores in either of the two counter goals and the Blue team in the regular goal. The Red team restarts the game every time a goal is scored or the ball goes out on either end line. Rotate players every interval.

**KEY WORDS:** Attack the ball, move with the ball, get compacted, tackle (Poke or Block).

**GUIDED QUESTIONS:** 1.- What do you need to do to prevent them from moving the ball forward? 2.- Who should press the player with the ball? 3.- Where should you force them to play the ball?

**ANSWERS:** 1.- Press the player with the ball and stay compacted to close the openings. 2.- The closest defender presses the player with the ball. 3.- Backwards or sideways; this way we could steal it and go to goal.

**NOTES:** Start with the **Core Activity**; if it is too easy for your players, then switch to the **More Challenging Activity**.

<b>2<sup>nd</sup> PLAY PHASE</b>	8v8(1-2-3-3v1-3-1-3)	<b>Duration:</b>	26 min	<b>Activity time:</b>	11 min	<b>Rest time:</b>	2 min	<b>Intervals</b>	2
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Finish the session with a scrimmage using all FIFA rules, visit [http://www.mayouthsoccer.org/coaches/play\\_practice\\_play/](http://www.mayouthsoccer.org/coaches/play_practice_play/) for full description.

<b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>	<b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>	<ol style="list-style-type: none"> <li>How did you do in achieving the goal of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol>